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MODULE DESCRIPTOR

Module Title

Food and Nutrition

Reference	HS2126	Version	2
Created	June 2021	SCQF Level	SCQF 8
Approved	July 2018	SCQF Points	30
Amended	August 2021	ECTS Points	15

Aims of Module

To provide students with an understanding of the food matrix, energy balance, and the history of food and current trends in consumption.

Learning Outcomes for Module

On completion of this module, students are expected to be able to:

1	Describe the classification of the major food groups and explain their contribution to a healthy diet.
2	Explain energy balance, including methods of its measurement and estimation.
3	Explain the sources and structure of nutrients, and their digestion, absorption, storage and metabolism in the human body.
4	Understand nutrient requirements in health and the scientific principles of food-based dietary guidelines.
5	Apply knowledge of nutrients, energy content of foods and drinks, nutritional requirements, and standard portion sizes through the life cycle in food preparation and dietary manipulation.

Indicative Module Content

Fruits and vegetables, beans and pulses, herbs and spices, dairy foods and milk, eggs, beverages, meat, seafood, cereals, oils and spreads, and the Eatwell Guide. Energy balance, and physical activity. Sources, structure, function, distribution, digestion, absorption, transport, storage and excretion; bioavailability; and requirements of dietary protein, carbohydrate, lipids, water and fluid balance, alcohol, vitamins, minerals and trace elements. Dietary reference values, supplementation, fortification, average intakes and nutritional analysis. Preparation of food, portion size.

Module Delivery

Blended delivery comprising on campus and online learning and engagement. This will include Workshops, Tutorials, Seminars, Keynote Lectures, Digital Learning Resources and food handling laboratory session.

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Indicative Student Workload	Full Time	Part Time
Contact Hours	50	25
Non-Contact Hours	250	275
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	300	300
Actual Placement hours for professional, statutory or regulatory body		

ASSESSMENT PLAN

If a major/minor model is used and box is ticked, % weightings below are indicative only.

Component 1

Type:	Examination	Weighting:	100%	Outcomes Assessed:	1, 2, 3, 4
Description:	An unseen examination.				

Component 2

Type:	Practical Exam	Weighting:	0%	Outcomes Assessed:	5
Description:	An Objective Structured Practical Examination				

Component 3

Type:	Coursework	Weighting:	0%	Outcomes Assessed:	5
Description:	This relates to a minimum of 80% mandatory attendance of all scheduled module delivery. Attendance will be assessed on a pass/unsuccessful basis.				

MODULE PERFORMANCE DESCRIPTOR

Explanatory Text

Component 1 (examination) comprises 100% of the module grade, and Component 2 (OSPE) is assessed as a competence. A minimum of Grade D in C1, a pass in C2 and pass in C3

Module Grade	Minimum Requirements to achieve Module Grade:
A	A in C1, and a pass in C2 and C3.
B	B in C1, and a pass in C2 and C3
C	C in C1, and a pass in C2 and C3.
D	D in C1, and a pass in C2 and C3.
E	D in C1, and a fail in C2 AND/OR C3; or E in C1, irrespective of pass or fail in C2 and C3.
F	F in C1, irrespective of pass or fail in C2 and C3.
NS	Non-submission of work by published deadline or non-attendance for examination

Module Requirements

Prerequisites for Module	None, in addition to course entry requirements.
Corequisites for module	None.
Precluded Modules	None.

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INDICATIVE BIBLIOGRAPHY

1	BENDER, D.A. Introduction to nutrition and metabolism. (2021). 5th ed. Boca Raton FL: CLC Press Taylor and Francis Group.
2	DEPARTMENT OF HEALTH, 1991. Dietary reference values for food, energy and nutrients for the United Kingdom. Report on health and social subjects, 41. London: HMSO.
3	GIBNEY, M.J. et al. 2019. Introduction to human nutrition. 3rd ed. Oxford: Wiley Blackwell.
4	INSEL, P.M., et al. 2016. Nutrition. 6th ed. Sudbury MA: Jones and Bartlett Publishers.
5	LANHAM NEW, S.A., MACDONALD, I.A. and ROCHE, H.M. 2010. Nutrition and metabolism. 2nd ed. Oxford: Wiley Blackwell.
6	SCIENTIFIC ADVISORY COMMITTEE ON NUTRITION, 2011. Dietary reference values for energy. London: TSO.
7	SCIENTIFIC ADVISORY COMMITTEE ON NUTRITION, 2015. Carbohydrates and health. London: TSO.